

CAREGIVING AMONG VETERANS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Veterans* in 44 States, Puerto Rico, and the District of Columbia.



1 in 5 Veterans are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Over Half have provided care for at least two years



INTENSE
Nearly 30% have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 75% manage household tasks

Nearly half assist with personal care



WHO ARE CAREGIVERS?

12% are women

38% are 65 years old or older

32% are caring for a parent or parent-in-law

9% are providing care to someone with dementia



FUTURE CAREGIVERS

1 in 8 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



* Active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit



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